Office of the Chairman  
Department of Physical Education,  
A.M.U., Aligarh

Dated: 07.08.2013

MINUTES  
of  
the Special meeting of the Board of Studies of the Department of Physical Education held on 19.07.2013 at 11:00 a.m. in the office of the Chairman, Department of Physical Education, A.M.U., Aligarh.

The following members were present:-

1. Dr. Rajendra Singh  
   Chairman,  
   Department of Physical Education,  
   A.M.U., Aligarh

2. Prof. M. S. Chauhan  
   (Co-opted Member)  
   Department of Physical Education,  
   Kurukshetra University, Kurukshetra

3. Prof. Ikram Hussain  
   Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh

4. Dr. Brij Bhushan Singh  
   Associate Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh

5. Dr. Zamirullah Khan  
   Associate Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh

6. Dr. S. Tariq Murtaza  
   Assistant Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh
**Item No.1:**

*Considered* the syllabi of B.P.Ed. Course, Semester-I & Semester-II *(See Appendix-I)* and Scheme of Examination *(See Appendix-II)* under semester system from the session 2013-14 & *Recommended* to the Faculty of Social Sciences, A.M.U., Aligarh.

**Item No.2:**

The teaching allocation and teaching load of B.P.Ed. Course which was considered & approved in the earlier meeting of the Board of Studies dated 18.05.2013 for the session 2013-14 will stand in semester system.

*(Dr. Rajendra Singh)*
Chairman
DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

Semester System

Syllabus of B.P.Ed. Course
for the session 2013–2014

(Semester-I & Semester-II)

(ONE YEAR) DEGREE COURSE
(Departmental Test Course)

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-101
Duration : 02 Hours

TITLE: HISTORY, PRINCIPLES AND PSYCHOLOGY OF PHYSICAL EDUCATION-I

UNIT-1

Introduction:
1.1 Definition, aim, objectives, need and scope of Physical Education.
1.2 Principles of Physical Education and Sports.
1.3 Professional implications of Physical Education.
1.4 Contribution of Physical Education to general education.
1.5 Philosophy of Physical Education: Idealism, Naturalism Pragmatism, Existentialism.

UNIT-II

Historical Development of Physical Education
2.1 Physical Education in India during pre-independence period, ancient, medieval and British period.
2.2 Post-independence period.
2.3 Establishment of external sports institutions in India.
2.4 City state of Greece: Athens & Sparta and Rome; Governing Bodies and Awards in Sports.
2.5 Physical Education in Germany, USA and UK.

UNIT-3

Historical Development of Major Sport Competitions
3.1. History of Ancient Olympic Games
3.2. Modern Olympic Games
3.3. Allied Modern Olympic Games
3.4. Asian Games
3.5 Commonwealh and SAF Games

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Book Recommended:
1) Bucher, Charles A. Foundation of Physical Education st/Louis, The C.V. Moby.

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-102
Duration : 02 Hours

TITLE: ANATOMY AND PHYSIOLOGY-I

UNIT-I

Introduction
1.1 Introduction of Basic concepts and terms in Anatomy and Physiology
   (cell, tissue, organs, ligaments, tendons).
1.2 Structure and functions of cell.
1.3 Tissues and their classification.
1.4 Basic introduction of body systems.
1.5 Anatomical and Physiological difference in Male and Female.

UNIT-II

Skeletal System
2.1 Classification of Skeletal system.
2.2 Types and structure of bones.
2.3 Different types of joints.
2.4 Movement around the joints.
2.5 Classification and functions of vertebra column.

UNIT-III

Muscular System
3.1 Classification of Muscle
3.2 Molecular structure of Muscle
3.3 Properties of Muscles
3.4 Origin: Insertion and action of Major skeletal muscles.
3.5 Types of Muscular contraction.

******

Book Recommended:
1) Rerrot, T.V.: Anatomy for student and teacher of physical system.
2) Tuttle, E.S.: Physiology.
3) Brownell and William: Human Body. Hoe it is built and how it works.
4) Karpovitch, Peter V.: Physiology of Muscular Activity.

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-103
Duration : 02 Hours

TITLE: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION SUPERVISION AND RECREATION-I

UNIT-I

Organisation and Administration
1.1 Meaning, Need and Scope
1.2 Principles
1.3 Chief Elements of Organization and Administration
1.4 Personals for designation of duty in an organization
1.5 Functions of Administration

UNIT-II

Budget and Record
2.1 Budget: Meaning and importance of budget in programme planning in Physical Education
2.2 Essential Qualities of a good budget
2.3 Budget of Physical Education Programme of School
2.4 Records, Meaning and Importance of Keeping Record
2.5 Types of Records

UNIT-III

Programme Planning in Physical Education
3.1 Programme Planning: Meaning and importance
3.2 Principles of programme planning in Physical Education
3.3 Preparation of Time-Table of Physical Education
3.4 Principles of construction of Time-Table
3.5 Factors affecting Time-Table

Book Recommended:
4) M. L. Kamlesh “Methods of teaching”
TITLE: METHODS IN PHYSICAL EDUCATION, TEST AND MEASUREMENT-I

UNIT-I

Introduction
1.1 Meaning of Test, Measurement and Evaluation with their Importance in Physical Education.
1.2 Criteria for selecting an appropriate test.
1.3 Test Administration in Physical Education.
1.4 Safety measures in the administration of test.
1.5 Test Records

UNIT-II

Physical Fitness Test
2.1 Harvard Step Test
2.2 Kraus-Weber Test
2.3 IOWA Postural Test.
2.4 JCR Test
2.5 AAHPER & CAPHER

UNIT-III

Sports Skill Test
3.1 Johnson Basket ball Test.
3.2 Mc Donald’s Soccer Test
3.3 Harbans Singh Field Hockey Test
3.4 Braddy’s Volley Ball Test.
3.5 French Miller

Book Recommended:
1) Tirunarayanan, C; Sharma, S. Hariharan: Methods in Physical Education.
2) Kozman, B; Cassidy, Rosalind and Jackson, C, O: Methods in Physical Education.
3) Knapp, Cydy; Hagma, E.P.: Teaching Methods for Physical Education.

Max. Marks :  75
Sessional :  25
Paper Code :  BPEd.-105
Duration :  02 Hours

TITLE: TRAINING, COACHING & OFFICIATING IN GAMES/SPORTS-I

UNIT-I

Sports Training
1.1 Definition, Meaning, Aim and Tasks
1.2 Principles of Sports Training
1.3 Characteristics of Sports Training
1.4 Load: Meaning and factors of load
1.5 Over load and Judgment of load

UNIT-II

Planning and Periodisation
2.1 Basic concept of planning
2.2 Types of Planning
2.3 Basic concept of periodisation
2.4 Types of Periodisation
2.5 Technique: Definition and stages of technical development

UNIT-III

Motor Components
3.1 Strength: Meaning and its Classification
3.2 Endurance: Meaning and its Classification
3.3 Speed: Meaning and its Classification
3.4 Flexibility: Meaning and its Classification
3.5 Co-ordinative ability/Agility: Meaning and its Classification

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Book Recommended:
1) Sigh, H: Scientific Principles of Sports Training
2) Bunn, Johan D: The art of Officiating Sports
3) Lawther, J.D.: Psychology of Coaching
4) Bunn, J, N.: Scientific Principles of Coaching
5) Kamlesh, M.L.: Methods in Physical Education

Max. Marks :  75
Sessional  :  25
Paper Code :  BPEd.-106
Duration :  02 Hours

TITLE: HEALTH EDUCATION, HYGIENE, FIRST AID AND SPORTS INJURIES - I

UNIT–I

Introduction
1.1 Meaning, Aim, and Objectives of Health Education
1.2 Define Health and its Dimension (primary and secondary)
1.3 Determinants of Health.
1.4 National health agencies
1.5 International Health agencies
   ▪ Social and economic environment
   ▪ The physical environment
   ▪ The person's individual characteristics and behaviors etc.
   ▪ Heredity and environment etc.

UNIT–II

Disease
2.1 Meaning and Types of Disease (Communicable and None communicable)
   Stages of Disease
   ▪ Acute disease
   ▪ Chronic disease
   ▪ Refractory disease and Progressive disease
2.2 Define Infection, Stages of Spreading infection (incubation period, illness period and convalescent period)
2.3 Common communicable disease like, malaria, Typhoid, Hydrophobia, Tuberculosis, with special emphasis in their preventive methods.
2.4 Non communicable Diseases
2.5 Psychosomatic disorders and their preventive measures

UNIT–III

Hygiene
3.1 Define Immunity (Innate Immunity and Adaptive Immunity)
   ▪ Personal hygiene
   ▪ Desirable hygiene habits.
3.2 School Health Programme – Organization institution service supervision.
3.3 Safety at Schools and Sports Fields
3.4 Alcohol and Smoking their effect in health.
3.5 Healthy Habits

Book Recommended:
2) Anderson. T.M. Kenatics and Analysing Body Movement.
SYLLABUS OF B.P.Ed. (SEMESTER-II) COURSE (2013–2014)

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-201
Duration : 02 Hours

TITLE: HISTORY, PRINCIPLES AND PSYCHOLOGY OF PHYSICAL EDUCATION-II

UNIT-I

Biological Principles
1.1 Concept of growth and Motor development in Physical Education.
1.2 Heredity and environment and their effects.
1.3 Principle of use and discus.
1.4 Body types and their classification.
1.5 Basic concept of Physical Activities

UNIT-II

Psychological Principles
2.1 Importance of Sports Psychology
2.2 Laws of learning
2.3 Basic concepts of learning process:- (Transfer of learning, Associate learning, types and characteristic of learning curve)
2.4 Concept of play and its theories
2.5 Motivation and its characteristics

UNIT-III

Sociological Principles of Physical Education
3.1 Man as a social creature
3.2 Concepts of social values and its influence on life
3.3 Character building through Physical Education
3.4 Concepts of cooperation, competition and recognition
3.5 Physical Education as a socializing agency

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Book Recommended:
1) Bucher, Charles A. Foundation of Physical Education st/Louis, The C.V. Moby.
TITLE: ANATOMY AND PHYSIOLOGY-II

UNIT-I

Cardio-respiratory System
1.1 Circulatory system and its functions.
1.2 Composition and function of blood.
1.3 Blood circulation in human body.
1.4 Respiratory system and its functions.
1.5 Physiology of Respiration.

UNIT-II

Nervous and Endocrine System
2.1 Basic structure and function of Neurons.
2.2 Classification and function of Nervous system.
2.3 Reciprocal innervations inhibition.
2.4 Different sense organs of the body.
2.5 Major glands and their functions.

UNIT-III

Digestive and Excretory System
3.1 Organs of digestive system.
3.2 Physiological process of digestion.
3.3 Function of liver, pancreas and gall bladder.
3.4 Structure of Excretory system.
3.5 Function of Excretory system.

Book Recommended:
1) Rerrot, T.V.: Anatomy for student and teacher of physical system.
2) Tuttle, E.S.: Physiology.
3) Brownell and William: Human Body. Hoe it is built and how it works.
4) Karpovitch, Peter V.: Physiology of Muscular Activity.
SYLLABUS OF B.P.Ed. (SEMESTER-II) COURSE (2013–2014)

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-203
Duration : 02 Hours

TITLE: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION SUPERVISION AND RECREATION-II

UNIT-I
Activity
1.1 Picnic & tour/camp meaning and importance
1.2 Organisation of Picnics & Tour/ Camp.
1.3 Essentials of a good Picnic & Tour / Camp.
1.4 Intramural Activities, Merits and Demerits
1.5 Extramural Activities, Merits and Demerits

UNIT-II
Methods of Promoting Physical Education
2.1 Means of Promotion
2.2 Incentives and credits
2.3 Store Keeping, importance, key skills for sport managers
2.4 Procedure of purchasing sports equipments/materials
2.5 Procedure of disposing equipment/materials

UNIT-III
Supervision
3.1 Supervision and Supervisor
3.2 Supervisory Functions
3.3 Principles of Supervision
3.4 Recreation, Meaning and importance
3.5 Leadership meaning and qualities

Book Recommended:
4) M. L. Kamlesh “Methods of teaching”
SYLLABUS OF B.P.Ed. (SEMESTER-II) COURSE (2013–2014)
Max. Marks :  75  
Sessional  :  25  
Paper Code :  BPEd.-204  
Duration :  02 Hours

TITLE: METHODS IN PHYSICAL EDUCATION, TEST AND MESUREMENT-II

UNIT-I

Methods in Physical Education
1.1 Meaning, Scope and Importance of methods in Physical Education
1.2 Principles of Teaching (with special reference to different kinds of physical Activities)
1.3 Teaching Methods.
1.4 Steps in Effective Teaching
1.5 Age and Sex characteristics with their play preferences.

UNIT-II

Lesson Planning in Physical Education
2.1 Lesson Plans in Physical Education.
   (a) General Lesson
   (b) Specific Lesson
2.2 Audio-Visual aids their there types, uses and values.
2.3 Criteria of Audiovisual aids selection.
2.4 Incentives; credit, awards, trophies, certificates.
2.5 Methods of Physical education promotion.

UNIT-III

Tournaments and Competitions
3.1 Tournament:
   (a) Single Elimination (Knock-out) seeding etc.
   (b) Double Elimination for consolation.
   (c) League – cum Knockout type.
   (d) Knock out cum league.
   (e) League – cum – League.
   (f) Ladder.
   (g) Spider and Pyramids.
3.2 Competition:
   (a) Athletic type of competitions.
   (b) Group competitions.
3.3 Gymnastic Competitions.
3.4 Rhythmic Activities.
3.5 Elementary Statistics: Frequency distribution, Measure of central tendency and variability.

Book Recommended:
1) Tirunarayanan, C; Sharma, S. Hariharan: Methods in Physical Education.
2) Kozman, B; Cassidy, Rosalind and Jackson, C, O: Methods in Physical Education.
3) Knapp, Cydy; Hagma, E.P.: Teaching Methods for Physical Education.

******
SYLLABUS OF B.P.Ed. (SEMESTER-II) COURSE (2013–2014)

Max. Marks : 75  
Sessional : 25  
Paper Code : BPEd.-205  
Duration : 02 Hours

TITLE: TRAINING, COACHING & OFFICIATING IN GAMES/SPORTS-II

UNIT-I

Coaching
1.1 Meaning, Aim and Objectives  
1.2 Duties of Coach  
1.3 Qualities of good coach  
1.4 Criteria of selection of University / College / School teams  
1.5 Warming – Up and Cooling down

UNIT-II

Principles of Officiating
2.1 Meaning, Aim and Objectives.  
2.2 Importance of officiating.  
2.3 Principles of officiating.  
2.4 Qualities of good officials.  
2.5 Importance of officiating

UNIT-III

Officiating
3.1 Inspection of Ground, Equipments and Players dress  
3.2 Communication with players via whistle, signals, cards and verbal  
3.3 Relation of officials with Management, Coach and Players  
3.4 Duties of officials, Penalty and punishment on and off the ground.  
3.5 Scoring football, basketball, volleyball, hockey and cricket.

*****

Book Recommended:
1) Sigh, H: Scientific Principles of Sports Training  
2) Bunn, John D: The art of Officiating Sports  
3) Lawther, J.D.: Psychology of Coaching  
4) Bunn, J, N.: Scientific Principles of Coaching  
5) Kamlesh, M.L.: Methods in Physical Education
SYLLABUS OF B.P.Ed. (SEMESTER-II) COURSE (2013–2014)

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-206
Duration : 02 Hours

TITLE: HEALTH EDUCATION, HYGIENE, FIRST AID AND SPORTS INJURIES - II

UNIT– I

First Aid
1.1 Outline and Scope of first–aid dressing and bandages with practical instruction.
1.2 General rules of treatment for various types of wound and hemorrhage-
   - Incised wound
   - Laceration wound
   - Abrasion wound
   - Contusion wound
   - Puncture wound
   - Gunshot wound
   - Hemorrhages- Arterial, Venous and Capillary (Internal and External Bleeding)

1.3 General rules of treatment for
   - Poisoning
   - Burns
   - Foreign matter under the skin, eye, ear etc.
1.4 Contemporary Health problems.
1.5 Drug addiction and its effects on individual and society.

UNIT– II

Sports Injuries:
2.1 Define injuries, Principles pertaining to the prevention of the sports injuries.
2.2 Common sports injuries and treatment-
   - Sprains
   - Strain
   - Fracture, and dislocation.
2.3 Principles of applying heat and cold ultraviolet, infrared in the treatment of injuries.
2.4 Contrast Bath, wax Bath, Ice massage and Diathermy
2.5 Massage – indication, contra-indications and general principles of massage.

UNIT– III

Diet:
3.1 Define nutrition and its role in sports.
3.2 Balanced diet and its components
3.3 Calculating daily energy requirement
3.4 Nutrients of Athlete (Moderate, Low, and High Intensity work)
3.5 Concept of Malnutrition and its prevention.

**********

Book Recommended:
2) Anderson. T.M. Kenatics and Analysing Body Movement.
4) First Aid manual-St John Ambulance- British Red Cross
# ANNEXURE-II

DEPARTMENT OF PHYSICAL EDUCATION  
ALIGARH MUSLIM UNIVERSITY, ALIGARH  

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.):  

**SCHEME OF EXAMINATION**

<table>
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<th>Total Credit: 34</th>
<th>Duration: One Year Course</th>
<th>Two Semester</th>
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## 1st Semester

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<td>1.</td>
<td>PE101</td>
<td>History, Principles &amp; Psychology of Physical Education-I</td>
<td>04</td>
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<td>PE102</td>
<td>Anatomy &amp; Physiology-I</td>
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<td>Organization &amp; Administration of Physical Education, Supervision and</td>
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<td>Recreation-I</td>
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<td>PE104</td>
<td>Methods in Physical Education, Test &amp; Measurements-I</td>
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<td>PE105</td>
<td>Training, Coaching &amp; Officiating in Games/Sports-I</td>
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<td>6.</td>
<td>PE106</td>
<td>Health Education, Hygiene, First Aid &amp; Sports Injuries-I</td>
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## PART-II (PRACTICALS): PROFICIENCY IN GAMES & SPORTS

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<td>PE1P1</td>
<td>Track &amp; Field</td>
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<td>PE1P2</td>
<td>Yogic Exercise</td>
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<td>PE1P3</td>
<td>One Sports/ Games of Specialization</td>
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## PART-III TEACHING ABILITY & PROJECT WORK

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All the Courses of 4 Credits carry  = 100 Marks (Examination= 075,  
Sessional=025)

The Course of 2 Credits carry  = 050 Marks (Examination= 040,  
Sessional=010)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.):

SCHEEM OF EXAMINATION

<table>
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<th>Two Semester</th>
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The Course of 2 Credits carry = 050 Marks (Examination= 040, Sessional=010)

**Total Credit**

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<td>II Semester</td>
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